

Informed Consent

CONSENT FORM

I agree to take part in this study on emotional and cognitive capabilities in daily life, which involves completing a **1-hour survey plus seven brief 2-minute daily surveys**.

The benefits that I may expect from the study are:

(a) financial compensation of \$12 if I complete all the measures (specifically, \$3 for the initial 1-hour survey, \$1 for each of seven 2-minute daily surveys, and a monetary bonus of \$2 if I complete all of the above (i.e., the initial survey plus all seven daily surveys))

(b) an opportunity to contribute to scientific research

The questions posed to participants in the survey are minimally invasive and pertain to thoughts and feelings that I may commonly experience in daily life. I may choose to skip questions that I do not feel comfortable answering. I can withdraw from the study at any time and still receive compensation for the works that I have completed up to that point. If I wish to withdraw my responses from this study at any time, I will contact Chong He (Chong.He16@mail.rotman.utoronto.ca), and the researchers will discard my responses immediately. In addition, I can withdraw my responses even after completing the study. If I choose to withdraw, my data will be destroyed and not used by the researchers.

I realize my data will be treated in a secure manner, and that this web site will not covertly collect any information that could identify me (such as machine identifiers). Furthermore, I am aware that every effort will be made to ensure confidentiality of any information that is obtained in connection with this study. I will be asked to provide my Turk Prime ID on each of the surveys I will complete to enable the matching of my responses on the different surveys. My Turk Prime ID will be converted to a code number after all data have been matched and before data analyses. After any identifying information is removed, the researchers may post the dataset on research database sites for reviewers or colleagues to verify the analyses.

I understand that I may contact the principal investigator, Stéphane Côté, (Tel: 416-978-5704; Email: scote@rotman.utoronto.ca) or the University of Toronto's Ethics Review office (Tel: 416-946-3273; email: ethics.review@utoronto.ca) if I have any concerns or questions about my involvement in the study.

Upon completion of my participation, I will receive a full written explanation about the purpose of this research. The research study I am participating in may be reviewed for quality assurance to make sure that the required laws and guidelines are followed. If chosen, (a) representative(s) of the Human Research Ethics Program (HREP) may access study-related data and/or consent materials as part of the review. All information accessed by the HREP will be upheld to the same level of confidentiality that has been stated by the research team.

I have read the information letter and the consent form and understand that participation in this study is completely confidential and voluntary.

Yes

No

Captcha

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
Direct site owners to g.co/recaptcha/upgrade



 [Privacy & Terms](#)

Survey

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your

responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for the development of new skills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Confirmation Code

Thank you for completing daily diary survey #1. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily1

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the second daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
Direct site owners to g.co/recaptcha/upgrade



Type the text

[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing daily diary survey #2. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily2

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the third daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
Direct site owners to g.co/recaptcha/upgrade



Type the text

[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing daily diary survey #3. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily3

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the fourth daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
Direct site owners to g.co/recaptcha/upgrade



Type the text

[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing daily diary survey #4. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily4

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the fifth daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
 Direct site owners to g.co/recaptcha/upgrade


 [Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing daily diary survey #5. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily5

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the sixth daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
 Direct site owners to g.co/recaptcha/upgrade



[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing daily diary survey #6. You will be invited to complete the next survey tomorrow. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Daily6

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Well-Being

Welcome to the seventh and final daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
Direct site owners to g.co/recaptcha/upgrade



[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Please note that if you were unable to complete all 7 daily diary surveys but still wish to receive a \$2 bonus, **you will be given 3 more make-up daily diary surveys to have a chance to complete up to 7 surveys.** Again, we will send you a make-up daily diary survey at 8PM EST tomorrow, and you will have until 6AM EST to complete it.

If you have already completed all 7 daily diary surveys, you will not be invited to complete additional make up daily diary surveys.

Debriefing Form

The study you have just participated in was designed to examine whether people who possess accurate self-insight into their emotional and cognitive intelligence have higher well-being. While some philosophers and researchers argue that having self-insight into abilities is better for well-being, others have argued that possessing an enhanced positive illusion about the self (i.e. thinking you have higher ability than you actually do) predicts well-being. Yet another possibility is that abilities are related to well-being regardless of people's beliefs about these abilities. In this study we pitted these competing perspectives against each other to examine whether self-insight predicted well-being.

The results of this research are expected to be extremely valuable to the scientific community, and the results also have real life implications. Past research has not clearly indicated whether people who are accurate in their self-evaluations are happier, with some results showing that people who overestimate their abilities are happier, other results showing that people who underestimate their ability are happier, and finally

results showing that people with self-insight are happier. Thus, your participation in this study will help us resolve these conflicting views.

If you are interested in learning about the results of this study, or about related topics, please do not hesitate to contact us.

Thank you again for assisting with this important study!

Sincerely,

Stéphane Côté
Professor of Organizational Behaviour
Joseph L. Rotman School of Management
University of Toronto
105 St. George Street
Toronto, ON M5S 3E6
Phone: (416) 978-5704
Email: scote@rotman.utoronto.ca

Chong He
PhD Student
Joseph L. Rotman School of Management
University of Toronto
105 St. George Street
Toronto, ON M5S 3E6
Phone: (416) 978-5704
Email: Chong.He16@rotman.utoronto.ca

Your confirmation code is: FinalBonus

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
 Direct site owners to g.co/recaptcha/upgrade



[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing this make-up daily diary survey. You will be invited to complete the next survey tomorrow if you are missing another one. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Makeup1

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
 Direct site owners to g.co/recaptcha/upgrade



[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing this make-up daily diary survey. You will be invited to complete the next survey tomorrow if you are missing another one. As a reminder, we will send you an invitation at 8PM EST and you will have until 6AM EST to complete it.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Makeup2

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics

Survey

Welcome to the daily diary survey. Please press the arrow to advance.

Please click in the box below to proceed:

reCAPTCHA V1 IS SHUTDOWN
 Direct site owners to g.co/recaptcha/upgrade



[Privacy & Terms](#)

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements about **your relationships in general**, including but not limited to relationships with friends, family members, significant others, co-workers, and acquaintances.

	Very slightly or not at all	A little	Moderately	Quite a bit	A lot
I feel satisfied with my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to my relationship partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is tension between my relationship partners and me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship partners and I experience conflict.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree with the following statements.

	Strongly disagree	.	.	.	Strongly agree
I am satisfied with the success I have achieved in my career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my overall career goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals for income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the progress I have made toward meeting my goals or advancement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly
disagreeStrongly
agree

I am satisfied with the progress I have made toward meeting my goals for the development of new skills.



Confirmation Code

Thank you for completing this make-up daily diary survey. This is the final make-up daily diary survey.

You will receive \$1 for each 2-minute daily diary survey, with a bonus of \$2 for completing all 7.

Please click on the right arrow to obtain your confirmation code.

Your confirmation code is: Makeup3

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics